



Daily Food and Physical Activity Log



WEEKLY GOAL: _____ DATE: _____

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Record everything you eat and drink, and the time of day.							
Physical Activity: Type and Time in minutes							
Pedometer steps							

Record everything you eat and drink in the boxes provided. Record any physical activity. You can also log your pedometer steps. Review this log at the end of each week to see if you met your weekly goal/s. Use it to help you decide what goal/s to set for the next week.